



Weight Loss that Works.
Wellness that Works.

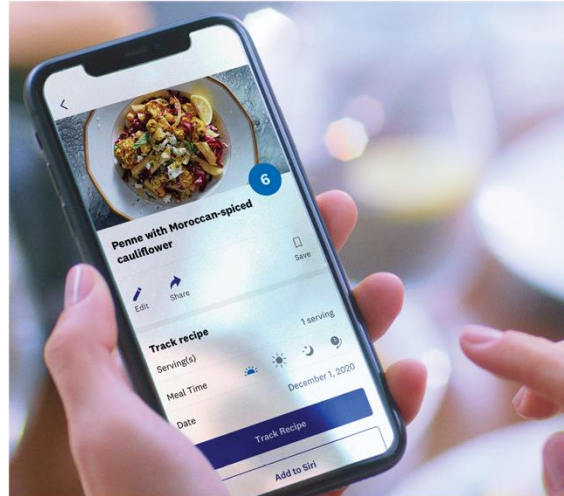
Goodbye, Homebody. Hello, Healthy body!

Use open enrollment to open the door to wellness with WW (Weight Watchers® Reimagined). Here are some of the reasons we chose WW as our partner—and why you can trust them with your health.

1

Doctors recommend WW

WW is the #1 doctor-recommended weight-loss program according to a new survey of 14,000 doctors*. But that's not all: WW has been named the #1 Best Diet for Weight Loss 11 years in a row by U.S. World & News Report.



2 The WW app can help make success easier

WW members love the award-winning WW app! It's packed with tools that help members stay on track—wherever they are—including food and activity trackers, on-demand workouts and meditations, personalized recipes, around-the-clock live Coaching, and so much more.

4

WW offers more than weight loss

With its holistic approach to wellness, WW goes beyond nutrition to help you move more, sleep better, and shift to a healthier mindset. You'll start with a personal assessment that customizes the plan to you and your goals.

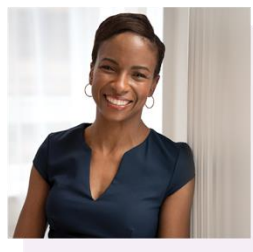
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WW is grounded in science

Backed by published papers and randomized controlled trials, WW's modern weight-loss program is guided by a group of innovative psychologists, nutritionists, and other experts. This team regularly partners with universities to conduct clinical research, ensuring that the program is rooted in the best science.

3 WW Coaches are real people

Not bots! These WW-trained experts know what it takes to succeed. Through in-app chat and in-person and Virtual Workshops, WW Coaches motivate and support you at every step of your journey with must-know strategies—and their own success stories.



Reach your goals with WW!

All employees and covered spouses/adult dependents get an exclusive discount of 50% off the retail price and can join now for as low as \$8.48 per month.

[Sign up at WW.com/us/CityofSeattle.](https://www.ww.com/us/CityofSeattle)



*Based on a 2020 IQVIA survey of 14,000 doctors who recommend weight-loss programs to patients.
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